

# CATHARSIS



DIY multinational extreme/challenging music

## Featured Artists:

I felt it in my sleep

Hemophobe

Amitriptyline

Tari Vega

Aggro

Take Me There

passengers

Incest Breath

Mother Dessicant

Everlasting Light

Systems.

Middle Earth

ggrainer

Yem

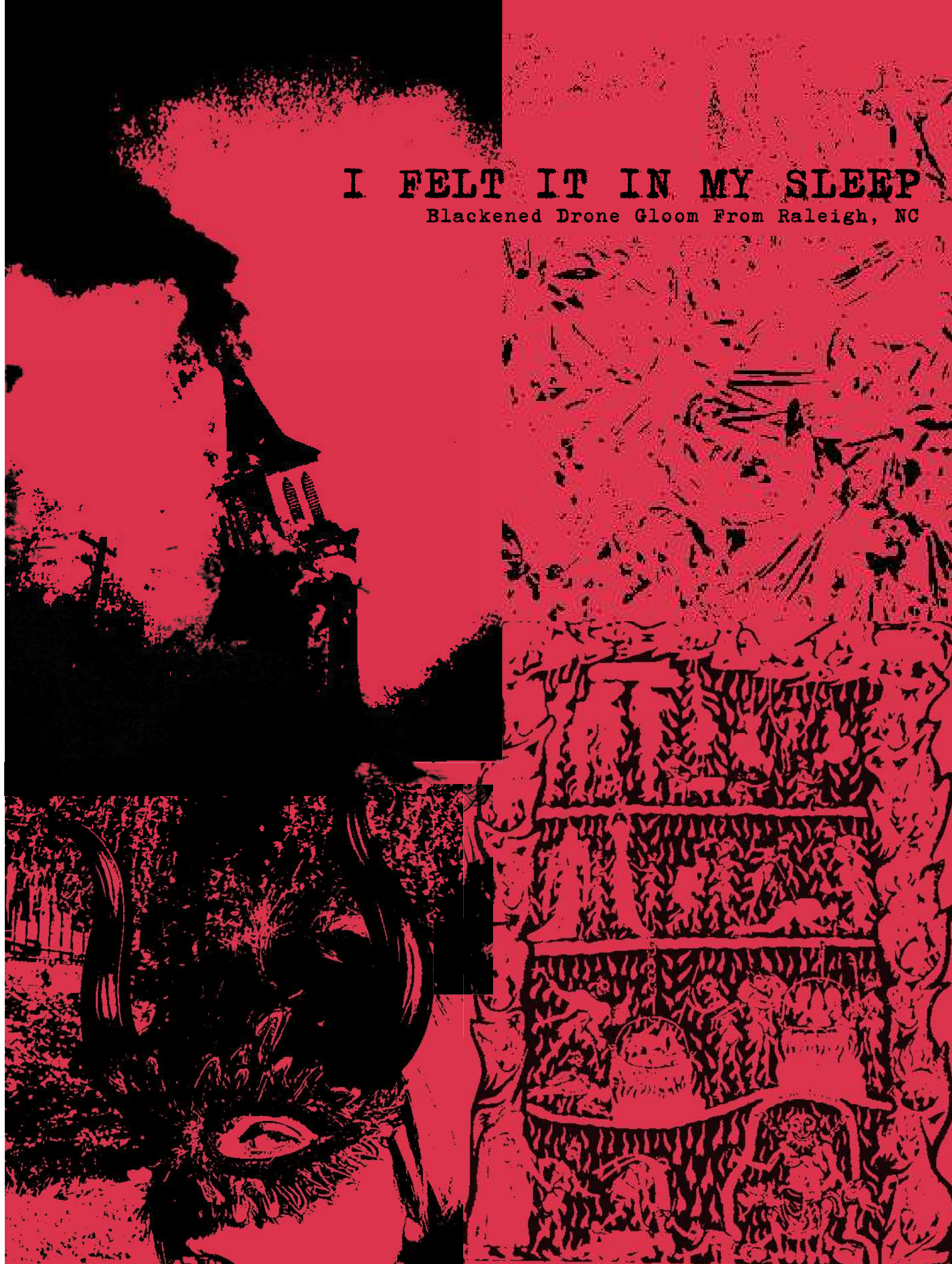
A World in Greyscale



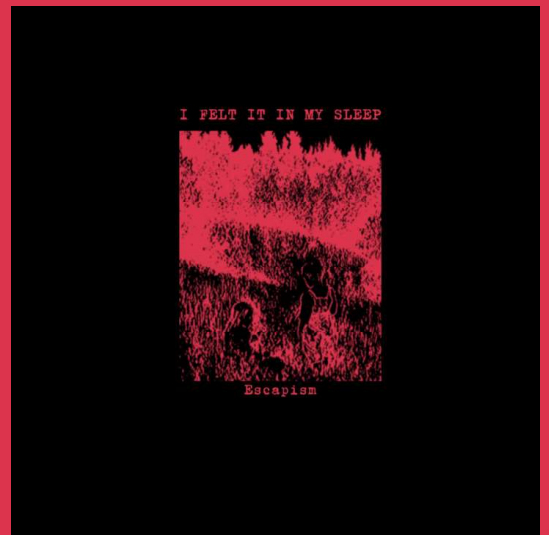
LONG LIVE D.I.Y.

# I FELT IT IN MY SLEEP

Blackened Drone Gloom From Raleigh, NC







I felt it in my sleep is the main project of Raleigh artist William Murray.

Born from isolation within the overgrown forest's of North Carolina, Escapism is I felt it in my sleep's second full length: 80 minutes of blackened blast crescendos, walls of noise, dub electronic beats, dungeon synth keys, the fragile spidery guitars of slowcore, and new age waves of pan drums and synths (a combination self described as "gloom").



The root cause to this wall of gloom is death-dread induced realizations that Raleigh artist William Murray endured during its creation. This spawned a search within him to learn about the hopelessness of the human condition, and its relation to death. Thus escapism was born, best seen as audio meant to spawn a ritualistic feeling withing the listener, self described as "A journey from a lonely bedroom in the middle of nowhere, to a void that lives past basic human phyche, and then back".

<https://cornusaudiovisual.bandcamp.com/album/escapism-disc-1-2>

CD-Rs are available through Cornus Audio Visual.

I felt it in my sleep will appear as a live act in 2024.

# Fear of Blood Goregrind from Portland







Ripped straight from the still beating heart of the Pacific Northwest, Hemophobe gores the overcast clouds of the landscape and tears them apart with blistering blasts, gurgling metallic bass, and head tearing guitar and vox. Freshly born, up and coming, the collective chaotic noise wall formed from this group is already showing a highly promising entry into not only the Portland extreme scene but for extreme and challenging music in general. The cutting edge of goregrinds future.

Best described as a blood induced traumatic attack, Hemophobe is:

Billy: guitar

Lilith: vox

Ben: drums

Eva: bass



hemophobel312 (instagram)

band pics by: portlandshowpho (instagram)



## Section of Psychiatry



Compulsioncore Doomgaze from Mexico



the lobotomies: (1) A, Scoville's electrocoagulation of nucleus of thalamic nucleus. (2) A, Freeman's vertical sectioning. B, Freeman's sectioning by McKenzie's leucotome method. C, Poppen's direct vision suetomy under direct vision. D, Fiamberini's sectioning. Line hatching indicates Pool's sectioning of the superior and inferior. *Acta neurol. latino-amer.*, 1955, 1.

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“The mind is a fucked and wicked place” is a sentence at the forefront of the artistry of Amitriptyline, and nothing shows this better than the debut s/t of the project.

A gloom filled doom fest, low tunings, pounding drums, and disturbed samples litter a bleak and nihilistic field.

Psychiatry plays a important role in the theme of the project, with the personal mind and internal view being turned outwards and on full display throughout (a practice dubbed “compulsioncore”). These disturbed internal compulsions are set to a soundtrack of dredging doom metal and occasionally film noir detective like jazz fusion.

Another theme explored is the cruelty of past psychiatric practices, coming to formation in “Psychiatry In The 1800s”, with its slanky drums and blistering samples.

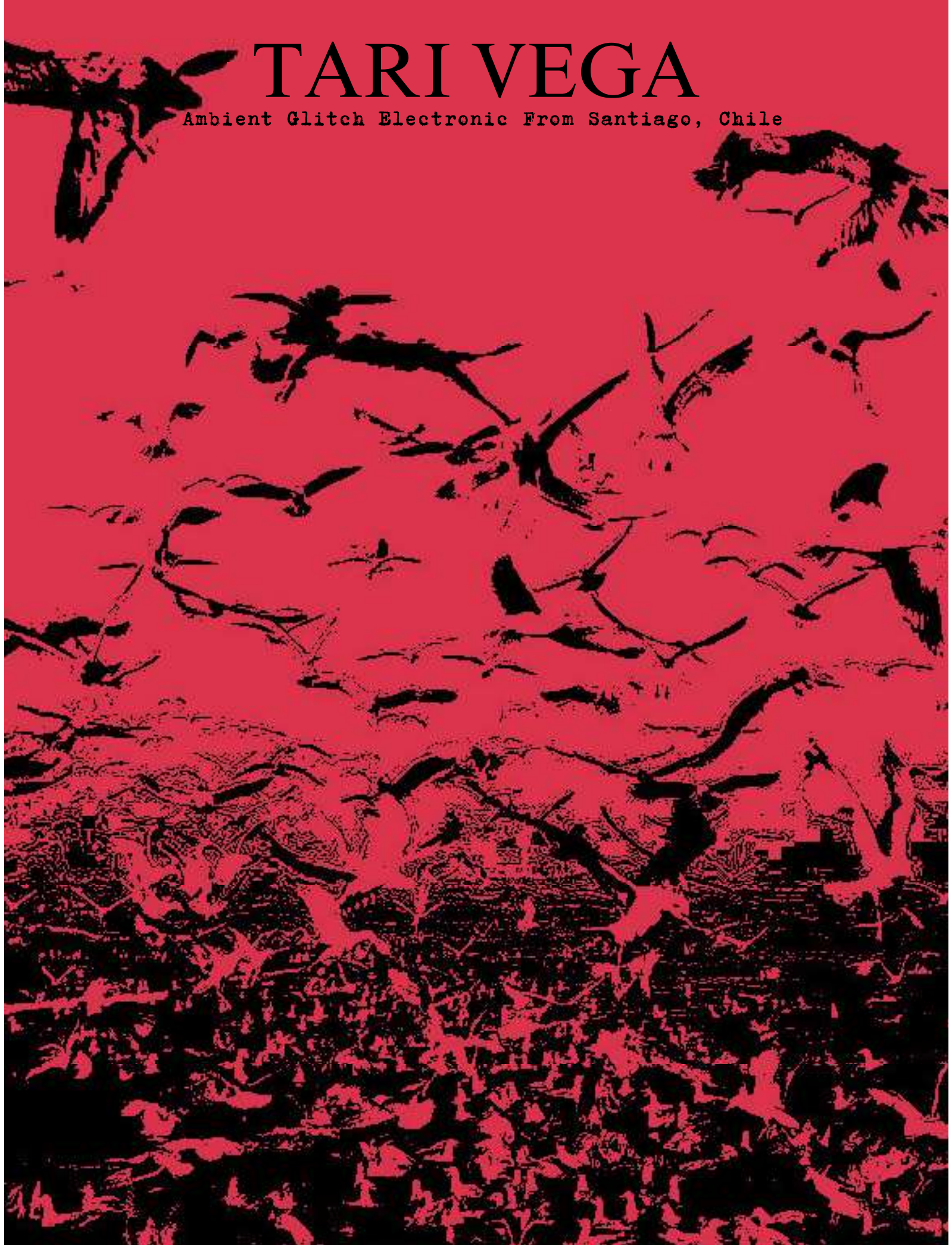
Get bleak.

<https://cornusaudiovisual.bandcamp.com/album/amitriptyline>



# TARI VEGA

Ambient Glitch Electronic From Santiago, Chile







Many albums that I would describe as calming, or restful, rely on their simplicity and minimalist structure, but Tari Vega's 2023 sophomore album "On Margins" is anything but simple. Best realized in the stretching coastline of Chile itself, waves of electronic glitches, arpeggiated midi instruments, and soft pads wash over the listener, not in a transitive simplistic way, but of a way that actively cleanses the mind.

This release is no simple piece, it is alive and active, with gliding clearly electronic beats and subdued waves of synths, it carries the same power that can be seen in albums of more movement, possibly reflecting Tari's classically trained background, with much of the album reflecting a nearly classical stance, such as the arpeggiating pianos on "On Margins" or the synthetic Harpsichords on "LI"

This is what ambient, electronic, and glitch is all about, the movement of the listener within their own head.

<https://tarivega.bandcamp.com/album/on-margins>





Youth.Fueled Hardcore from Portland



ALLOSTARS





Underground music has always been in the hands of the youthful and the spry, and Portland's Aggro is no exception. What they lack in years on this earth they make up for in some of the most ferocious hardcore punk that the ever fruitful PDX has ever seen, with thrashing instrumentals form the basis for the "from the chest" vocal delivery of frontman Ozzie. The sliding and chunky delivery served on their debut record "see through you" is some of the best hardcore insanity Portland has to offer, with razor sharp instruments that make sure the ears see not a restful moment. A extremely refreshing release for the world of hardcore, and a must listen for any hardcore fans that are looking for a modern band with the right ideas as to what hardcore is.

<https://aggropdx.bandcamp.com/album/see-through-you>





# TAKE ME THERE

Experimental Dream Ambient from Sweden





One of the latest releases to rear its drowsy head out of the multinational collective “passed recordings” is a setinmental and dreamy world within its self, Take Me There’s first foray into film sound tracking, “One Day Soon”.

Not only is this a amazing soundtrack, perfectly representing the themes the film will potray, but by the standereds of what makes a good ambient record, this release stands on its own two feet. Warped guitars, soft droning pads, and pushing pianos litter a scene that is perfectly sumed up in the laks and foesrt of Sweden itself, and tehmatically seems to echo a message of natural decay, nature retaking what was once in the realm of man. This is an album of natural beauty, in a very powerful way, 9 minutes and 14 seconds of getting lost within a world taken back by the natural order. It is beautfiul, but anything but delicate.

“One day soon” will premier in 2024, created by filmmaker Ivo.

<https://takemethere.bandcamp.com/album/one-day-soon-original-motion-picture-soundtrack>







# *Passengers*

Bitterly Cold Ambient/Drone/Noise from Warren, Michigan





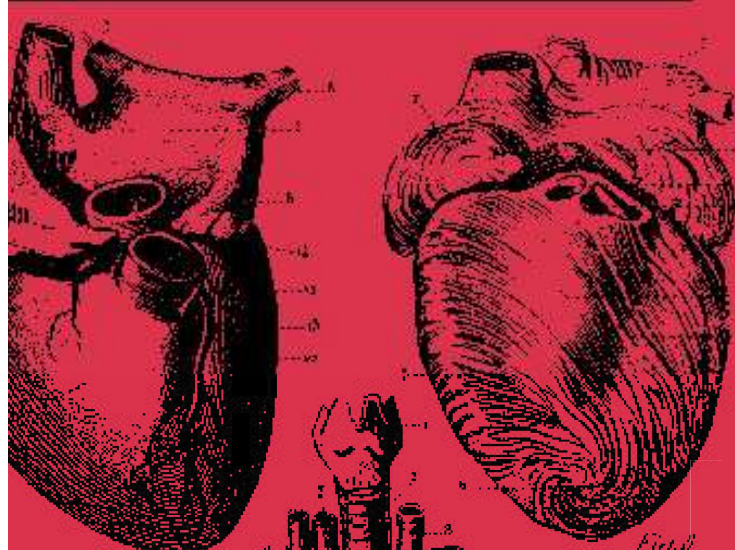
Passangers to me represents a Northern experience like no other, cold snaps of winter translated into somber ambient drones, with that coming to full monition in his latest EP "VI". Glitching pianos fall between collapsing field recordings, eerie voices loop and call between halls of swirling synths, textured sounds of cold storms roar as keyed synths build in the distant reaches. This is a headphone album in full effect, a plethora of texture with close attention to sound design. Certainly the kind of ambient album that keeps you coming back for "that mood", highly reminiscent of some of my favorite ambient albums (think Ulver's silence EPs or Biosphere's Substrata) this is ambient that stays in your listening cycle.

It also features collaboration with many other artists and sound sculptors, with electronic sorcerer YAROSLAVA! contributing "magic, witchcraft, & spooky stuff" on Steel Gate and Boxed Dancer contributing a beautiful arrangement of strings on "I Won't Tell". Also featuring ghostly artwork from the ever talented Simone.

<https://passengers-mi.bandcamp.com/album/vi>

Artwork by: sheborgs (instagram)





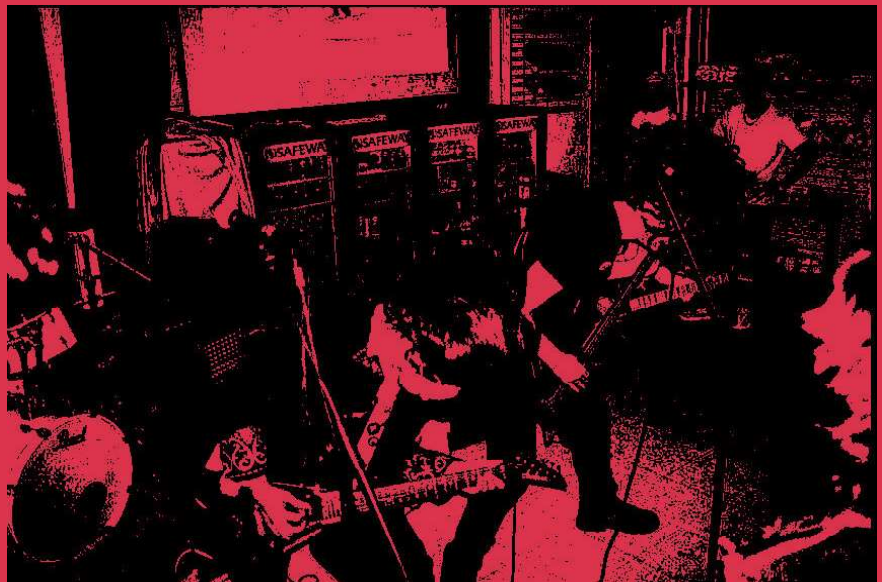
Bone Breaking Tech-Death from Clinton, NC





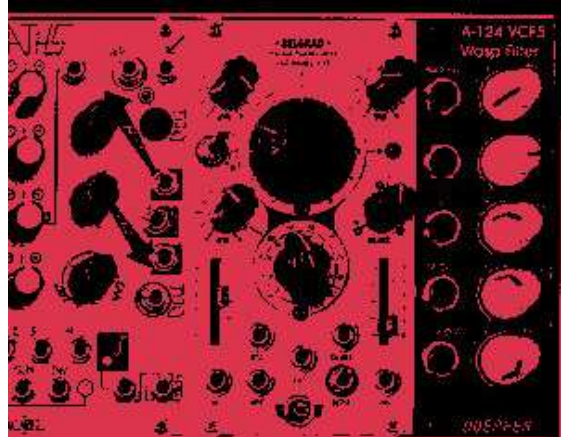
With a name like "Incest Breath" it should be apperent that vile disgust and carnage is at the root of their sound, and without a doubt they reflect that. With a chaotic live presence and disturbed themeing, Incest Breath shows their self worthy in the North Carolina extreme music scene, and for extreme music everywhere. They reflect a world of putrid digust, a reflection of humanity in full death metal "entrails across the floor" fashion, some of the best North Carolina has to offer, as well as some of the most fact melting tech-death out there.

## KEEP IT IN MIND!



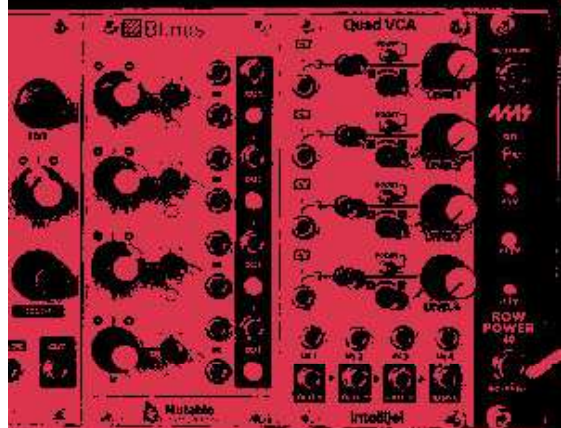
<https://incestbreath.bandcamp.com>

Incest Breath will be melting faces on a 4 band line-up at RUMAH, Raleigh NC, on JAN 20th, 8PM.



# NOTHER DESIGNS

Ambient Goth Noise from Las Vegas







“Analog Circuitry guides into worlds beyond”.

Its not often that drone, ambient, and noise comes in a flavor as colorful and worldly rich as displayed on the spiritual vessel that is Mother Dessicants “the first altars”. A world within itself, crafted from the likes of H.P. Lovecraft, Junji Ito, and ancient mythology, it is certainly a standout piece in the world analog synthesis based albums. Much like being in the atmosphere of a alien planet, the swirling otherworldly sounds of synthesis surround the listener as they are taken away into Mother Desiccant’s handcrafted rich world. This is an album of layers, of otherworldly sound, of something more, of a alien new world, and a higher level of existence.

Certainly one to remember.



<https://motherdessicant.bandcamp.com/album/the-first-altars>





Raw Atmospheric Black Metal from Rock Island, IL







Although being partly a homage to classic black metal elements (fast tremolo guitars, brutal drumming, raw production, and xeroxed artwork) Everlasting Light is anything but standard. Best shown on their most recent release “Reaping Proclamation” bitterly cold black metal is put along side mathy complicated structures and saxophone, closely giving a free-jazz improv feel. But with this divergence from black metal it cannot be understated how well their black metal elements come through, they are cold, bitter, and brutal, a view into the winters of the Midwestern United States, and are as DIY and raw as they come. Clearly a prime example of black metal mentality put into motion, and without a doubt a black metal highlight of the year. The cold floodwaters of the Mississippi river runs through the veins of the members, their hearts frozen and distorted to full effect, easily some of the best and most unique black metal I’ve heard in a long time.

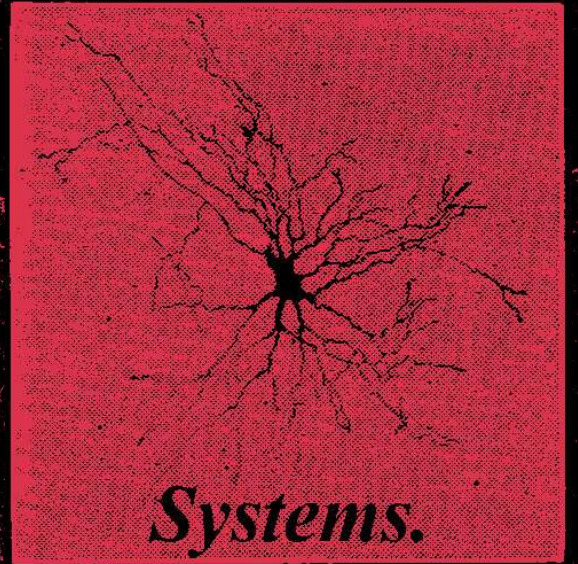
Alex: guitar/vocals

Rush: vocals/sax

Harrison: drums/design

<https://everlastinglightqc.bandcamp.com/album/reaping-proclamation>





*Systems.*

Anti-Rational Noise Electronics from Rock Island, IL

Flexor Pulleys







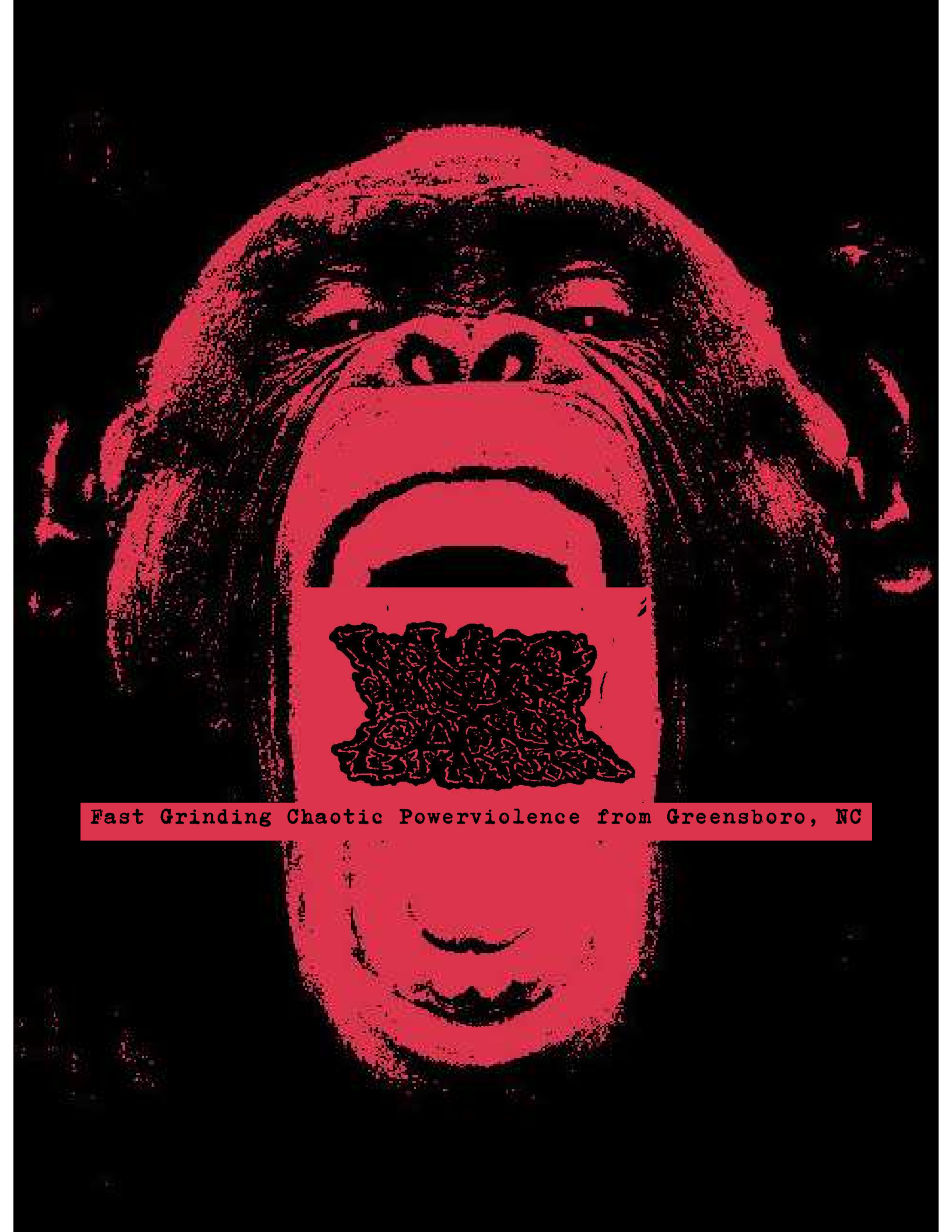
Most noise releases offer a wall of ear piercing sound, pushing the boundaries of music in a aggressive fashion, but Systems. newest release, Disaggregate offers a different alternative. This isn't an album about aggression, this is an album about deterioration. The sounds exhibited sound as if they are crumbling and breaking down, like a solvent to a solute. The crumbling cracking nature of live circuitry is on full display, as textures in varies states of decay fill the room, as if a layer of air can be heard around the sounds, that range from low grumbles, to high frequency clicks and squelches, and mid range tearing. Climaxing withing the second track "Deconcatenate", where a resemblance to melody can be heard under layers of crushing noise. A unique release for noise and shows the unrivaled curiosity, style, and manner in which Systems. noise is brought to this world.

Tapes are available via Necessary Fixation, which can be reached at:  
[shrouded.in.antiquity@proton.me](mailto:shrouded.in.antiquity@proton.me)

<https://systemsnoise.bandcamp.com/album/disaggregate>







Fast Grinding Chaotic Powerviolence from Greensboro, NC





Coming from extreme music heaven, Greensboro NC, Middle Earth represents the motion that is at the forefront of much exstreme music, chaos. One of the best live acts ive seen, and fruitfully translated onto their debut S/T EP, 10 minutes of some of the best grinding extreme music around. One of the best words to describe those raging 10 minutes would be satisfactory chaos, the mind consumes their noise in full and is reworted for that action, some of the most satisfying extreme music put ever be on a CD-R, distorted screams, booming electronic bass stabs, rattling bass work, face melting guitars, and techincal drums litter a landscape of pure mania, any house show in the area with sense would book middle earth, because they are at the forefront of extreme North Carolina sound. Perfect PV.

Merch: <https://middleearthpv.bigcartel.com/>

Music: <https://middleearth22.bandcamp.com>

Photo credit: the\_edge\_nc (instagram)







ggroiner

Abstract Glitch-gaze from Philly





Coming straight out the gate with a strong multilayered visual aspect and an utterly unique sound, ggrainer is one of Philly's finest. Their breed of shoegaze crossed with electronic glitch music is on full display within their debut three song EP "xeroxlore", with mind bending low bitrate sounds enveloping the listener, their dreary melodies staying in your head well after listening. In many ways their sound is a love letter to digital degrading and compression, with much of the music being bit crushed, using 32bit abandonedware plug ins and the artwork coming from 3D modeling software, CRT televisions, and scanners. I can say without a doubt that these guys are going places, they came out of the gate with a sound that keeps you coming back, a utterly unique concept, and extremely intriguing visuals that are made with a unique process. This is postmodern sound architecture and computer based music at it's finest.

<https://ggrainer.bandcamp.com/album/xeroxlore>

Mini-CDS are available.

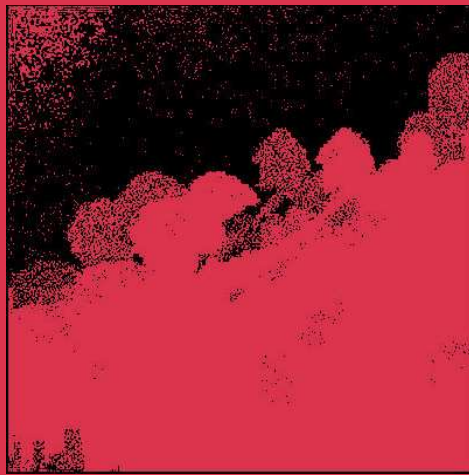


# YEM

East Coast IDM Drill n Bass Breakcore







It's not that often you find breakcore that reflects a attention to detail and personality as you do in the work of Yem. Every synth sound seems wholly unique, settings and knobs that makes you scratch your head at how Yem came to come across them, and breaks that stay fresh and consistently satisfy (and not to mention stay insane). Dont let the pink packaging fool you, these are not breaks to mess around with, surely some of the finest breaks ive found in recent times, reflecting elements necesry for any good breaks release, satifying snappy drums, and synths that stay on top of the game. Not just a love letter to the multitude of netlabels out there, but also reminiscences in IDM/ drill n bass glory, such as Aphex Twin, µ-Ziq, & Bogdan Raczynski. The Drill n Bass and IDM influence is what sets this apart, not to mention sound design on a new level, just insanity.

<https://yemmy.bandcamp.com/music>



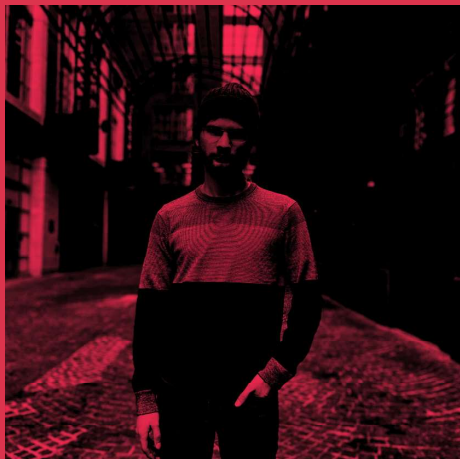




# A World In Grayscale

Astro Blackened Post-rock From VA and PA





To put it simply, it seems “To Watch the Swan Fall” is an album about loneliness, not only of the personal heartbreak and loneliness that Brandon felt during its creation, but of a astral loneliness, a gaze into the deep void around us, and look into the ever silent stars. This album in someway can be seen as a soundtrack to the lonesome feelings that come with astrophotgraphy, in large fields alone astrophotography is personal and intimate, a connection between you and space is felt, but still somehow comfort is a ill-forgotten memory. This loneliness is fully realized in the ringing melancholy guitars, blasting double kick drums, and powerful atmosphere the album exhibits. This is a album that is all about that scream into the great nothing that lay above us, and the ever intimate feeling the human soul feels when gazing into the stars.

I think it is best said in what Brandon has to say about the album himself: “an album that sounds like sitting in the back of a car alone at the top of a mountain watching cygnus sink down the horizon through the blur of the windshield. Some light isn't meant to be seen, photons could travel forever and never be beheld.”

Brandon's astrophotography: <https://www.astrobin.com/users/konoyo/>

Brandon's moving music: <https://aworldingrayscale.bandcamp.com>



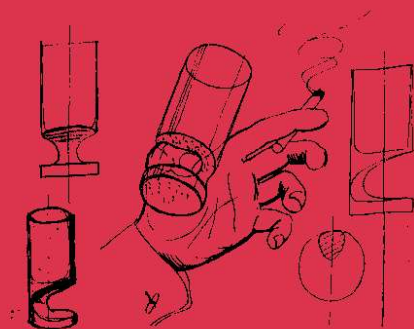


Thank you to all the artists for letting me cover them and collaborating with me, keep up the amazing work, all of you. Please remember to support your local scene, no matter where you are, keep making art, noise, and moods.

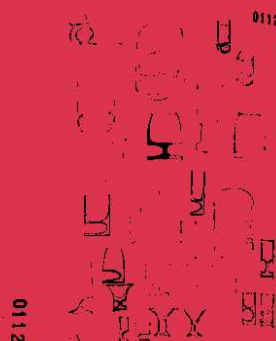


(Lois Tonkin, 1996)





152



153



154









# 'GROWING AROUND GRIEF'

(Lois Tonkin, 1996)

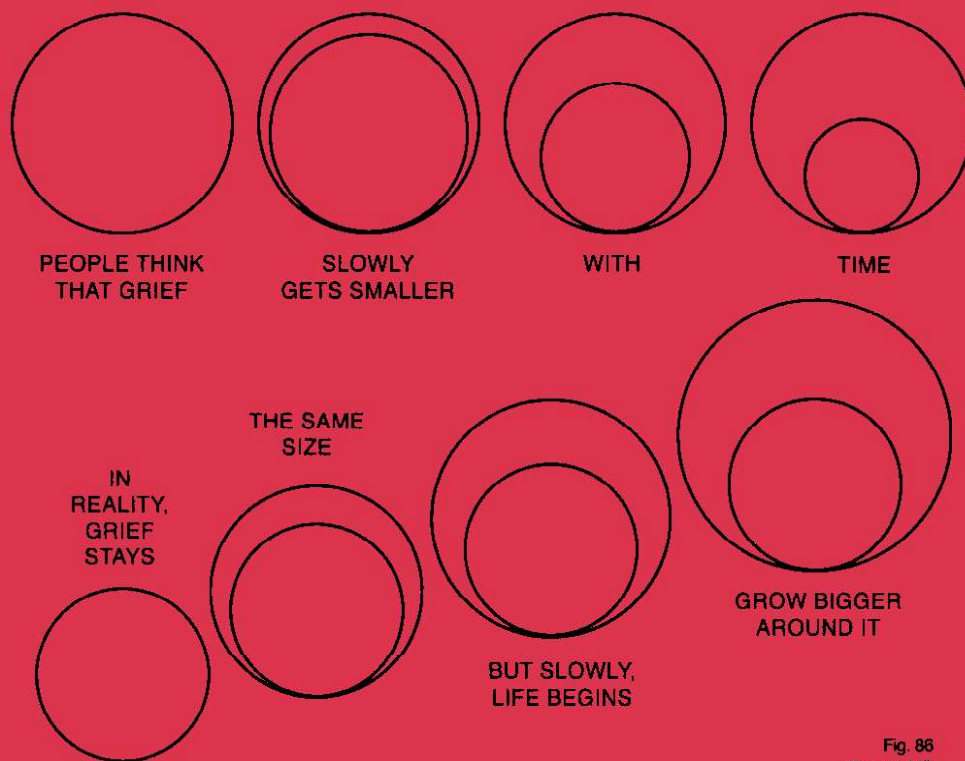


Fig. 86  
Reset NYC



Curated by: <https://williammurray.carrd.co/>



C1